

What's Happening Gilbert Seniors!

Fall/Winter Issue

Welcome to the newsletter!

So glad it is starting to cool down a bit! The Holiday Season is upon us. This is one of my favorite times of the year! Don't forget to watch out for new and exciting opportunities to participate in our monthly calendar. Let's make the next three months AMAZING!!

Amanda Shepard –Activities Specialist

EXERCISE CLASSES

**The Gilbert Senior Center offers exercise classes
Monday-Friday.**

Mon: Tai Chi - 9:00am

Tues: Chair Exercise - 8:30am

Geri-Fit – 9:00am

Silver Sneakers –1:00pm

Wed: Yoga - 9:00am

Line Dancing \$3- 11:15am

Thurs: Chair Exercise – 8:30am

Silver Sneakers – 9:00am

Geri-Fit – 1:00pm

Fri: Zumba Gold - 8:45am



*** Please consult your doctor before starting
any exercise program.***

Happy Holiday Season! Remember, you don't have to spend time looking for resources... I have many referrals for needs you may have. I can provide information on personal matters such as the DMV, insurance claims or social security questions. I also have information on resources for legal aid or Medicare assistance. If you are needing help with transportation, I have information about the Dial A Ride program. From A to Z, if I don't have the answer, I'll find someone who does.

I look forward to serving you!

Brianna, Outreach Specialist: 480-503-6061

VOLUNTEERS NEEDED

Looking to do something fun and meaningful? We need volunteer help in all areas of the center. We have a terrific group of volunteers, but we could use more.

We would not be able to accomplish all that we do if it were not for the volunteers who give their time and energy on a daily basis. Thank you to those who serve and welcome to those who are interested in serving.

Please contact Brianna, Outreach Specialist, at 480-503-6061 to get a list of current volunteer opportunities.



Apply for a government phone!

You qualify if you currently receive gov-
ernment assistance.

Apply or Renew

***AHCCCS, SNAP (food stamps)
& Cash Assistance***

Brianna Burrows

Brianna@chandlerfoodbank.org

Phone: (480) 503-6061

ADDITIONAL SERVICES INCLUDE:

Food Bank Distribution
Emergency & Supplemental
Food Boxes Diapers & Formula

Family Resource Center
Parenting & Early Literacy Classes
Health & Homeless Programs

Community Action Program
Emergency Rental/Mortgage &
Utility Assistance

Senior Center & Home Delivered
Meals

For more information about
our services please contact us
or visit our center!



Do You Qualify?

Find Out NOW!

Make your appointment today to start your application!

Fun Clubs

Looking for a good way to meet new people and enjoy your time at the center? The Gilbert Senior Center has a number of clubs to chose from.

Mondays: Wii Bowling, Karaoke, Coloring Club

Tuesdays: Pinochle, RummiKub, Mahjong

Wednesdays: Bunco, Knitting/Crocheting Club, Jewelry Club

Thursdays: Bridge Club, RummiKub

Fridays: Craft Club, Scrapbooking, Hand & Foot, Pinochle

FOOD BAGS

The Gilbert Senior Center is happy to provide a food bag once a month for qualified participants in need. You must sign up a week in advance & not be receiving a food bag from another associated program. For more details please call 480-503-6061. FOOD BAG PICK UP IS THE 3RD WED & THURS OF EACH MONTH. YOU MUST SIGN UP AT LEAST ONE WEEK PRIOR TO PICK UP. SIGN UP IN THE SENIOR CENTER OFFICE.

Board Games

We have Yahtzee, Words with Friends, Mahjong, UNO, Apples to Apples, Sequence, and of course more Rummikub sets!! Anyone is welcome to use them and are also welcome to laugh out loud while playing these games. If there is a game you don't see that you think your fellow Seniors will enjoy, let us know! Have Fun!!

Upcoming Events

Dining Out

Come join us for good food, good company, and maybe even some laughs! LEAVING the Senior Center at 4pm. (T)*

Isabella Amor

Wednesday, Oct 5th

Sign up from Sept 19th-Oct 4th

The Habit

Wednesday, Nov. 9th

Sign up from Oct. 26th-Nov. 8th

Mellow Mushroom

Tuesday, Dec. 7th

Sign up from Nov. 23rd-Dec. 6th

Black Bear Diner

Wednesday, Jan. 11th

Sign up from Dec. 27th-Jan 10th

Party Time!

We all love parties, right? Here are the dates of upcoming parties. MOST of the parties will start at 10:30am, so please check your monthly calendar or listen during announcements for more details.

Times and dates are subject to change. Thank you!

Halloween

Oct. 31st 10:30am

*Dress in a costume and join us
for a ghouling good time!*

Give Thanks Day

Nov. 17th

Lunch will be served at 11:30am
Sign up from Oct. 31st-Nov. 14th

Holiday Night Party

Dec. 10th doors open @ 4:30pm

Dinner Served at 5:30pm \$TBA

Tickets sold: Nov. 17th-Dec. 5th

Holiday Day Party

Dec. 15th 10:30am

Lunch served at 11:30am

Sign up in Activity book Nov. 28-Dec. 12

*(T) There is Transportation provided. See the Senior Center Staff for any questions. Thank you.

Upcoming Events

6 Week Healthy Brain & Wellness Program

October 3rd-November 10th

We are so excited to bring you 6 weeks of great info and fun activities to ignite your brain waves.

Schedule of activities will include: Meditation classes, Drumming Circle, additional Yoga class, Healthy Food Demos, Training/participating in an iRun "marathon walk", and the list goes on. Make sure you are checking the monthly calendar for dates at times for each activity. Looking forward to all the Brainy activities to enjoy with you all.

World Smile Day

Oct. 7th

Come join us for a day filled with smiles! "World Smile Day" is celebrated on the first Friday of the month of October every year. "Do an act of kindness. Help one person smile."

Senior Center

Closed

10/10/2015

The Community Center will be open if you are wanting to use the Gym.

NO Senior Activities/Lunch will be available this day.

Thank you!

State Fair

Oct. 14th 12:00pm

\$3 per person (T)*

"SHARE SOMETHING AMAZING" is the Arizona State Fair theme for 2016. Come join us for a fun outing that will include food, rides, and livestock.

We will leave at 11:30am & return around 4pm.

Sign up from Sept. 26th-Oct. 13th

*(T) There is Transportation provided. See the Senior Center Staff for any questions. Thank you.

Upcoming Events

Senior Center Closed

Veterans Day
11-11-16 CLOSED
Thanksgiving
11-24-16 CLOSED
11-25-16 CLOSED

Health Fair

Nov. 2nd

10am-Noon

The Nursing students from Chandler-Gilbert Community College will be coming to the center. They will provide their knowledge about different issues that affect many seniors. If you have a specific topic you'd like to learn more about let Amanda know. Thank you!

VETERANS DAY

NOVEMBER 3RD 11:00AM

GILBERT CIVIC CENTER

Celebrate your patriotism and American pride and honor all our veterans! Features: presentation of colors, music by local schools, special guest speakers, food, and more.



(T) Transportation provided*

Sign up from Oct. 24th-Nov.2nd

ROTARY BREAKFAST

Thurs. Dec. 1st 7:00am

Doors open @ 6:30am

This event has become a very popular yearly tradition. Please join us for a great meal, and a chance to visit with friends. There is no cost, but you must sign up in advance.

Sign up sheet will be in the Activity sign up book. from Nov. 14th-29th

*(T) There is Transportation provided. See the Senior Center Staff for any questions. Thank you.

Upcoming Events

Fat Cat Tuesday Movies

**Oct. 18th, Nov. 15th,
& Dec. 20th (T)***

Come to the movies with us the 3rd Tuesday of every month! It is only \$5! Movie choice TBA. Sign up in the office prior to the date.

Senior Center Closed

Christmas

12-26-16 CLOSED

New Year's Day

1-2-17 CLOSED

HOLIDAY LIGHTS & PIE

Tuesday Dec. 13th 5:00pm \$3.00 (T)*



Enjoy a drive through the East Valley as we check out the best displays. We will be eating pie and drinking coffee before we head out to see the lights. Sign Up Between Nov.23rd-Dec 4th

Karaoke Club

12:30pm

Get all your voices ready..... Karaoke at the Gilbert Senior Center! Come join us and your fellow participants every 3rd Monday of the month for an afternoon of fun Karaoke.

Coloring Club

1:00pm

Come join a fun afternoon on the 2nd & 4th Mondays of month. Come create beautiful pages and have great conversation with friends.



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Gilbert, Arizona 85233

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Check us out on the web...
<http://chandlerfoodbank.org/>

OR

[http://www.gilbertaz.gov/
departments/parks-and-recreation/
seniors](http://www.gilbertaz.gov/departments/parks-and-recreation/seniors)

[https://www.facebook.com/pages/
Chandler-Christian-Community-
Center/165492116800788](https://www.facebook.com/pages/Chandler-Christian-Community-Center/165492116800788)

Donations

Boutique: Gently used clothing, knick-knacks, jewelry etc. Profits go to the Gilbert Site Council and help support a variety of Senior Center activities and events.

Arts and Crafts: Supplies for classes and clubs

Postage Stamps: Used for newsletters, site council cards or as requested by participants.

Monetary donations Financial contributions can be made by cash, check, or credit card. Credit card donations may be made online through PayPal at www.chandlerfoodbank.org.

All donations are fully tax deductible as allowed by law. A receipt is available for all donations. Donations in all amounts are welcome.

Bingo Prizes: Everyday items including, grocery items; paper towels, toilet paper, toiletries, canned food items, etc. Any questions, please let us know.

Home Delivered Meal Program

Did you know you could have a hot, nutritious meal delivered to your home? We offer home delivered meals Monday- Friday between the hours of 10 am and 2 pm depending on your location. Participants may qualify for financial assistance or pay \$5 per meal which is billed on a monthly basis. This is a perfect solution for those recovering from a hospital stay or sickness and may be unable to prepare a meal. If you're interested or know someone who can benefit from our service please contact our HDM Coordinator

**Pat Hutfles (480)503-6058
Pat@chandlerfoodbank.org**